

BAGELS		Gluten - containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts (walnut, hazelnut, almond, etc.)	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
	Cinnamon & Raisin Bagel	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
	Multi Seed Bagel	Y	N	N	N	N	N	N	N	N	N	N	N	Y	N
	Everything Bagel (was Onion)	Y	N	N	N	N	N	N	N	N	N	N	N	Y	N
	Plain Bagel	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
	Poppy Seed Bagel	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
	Sesame Seed Bagel	Y	N	N	N	N	N	N	N	N	N	N	N	Y	N
	Wholemeal Bagel	Y	N	N	N	N	N	N	N	N	N	N	N	N	N

BREAKFAST		Gluten - containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts (walnut, hazelnut, almond, etc.)	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
	Bagel with Butter	Y	N	N	N	N	N	N	N	N	Y	N	N	N	N
	Bagel with Peanut butter	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N
	Bagel with Nutella	Y	N	N	N	N	N	Y	Y	N	Y	N	N	N	N
	Bagel with Marmalade	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
	Bagel with Jam	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
	Bagel with Marmite	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
	Bagel with Honey	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
	Cream Cheese Bagel	Y	N	N	N	N	N	N	N	N	Y	N	N	N	N
	Cream Cheese Chives	Y	N	N	N	N	N	N	N	N	Y	N	N	N	N
	Sausage Bagel	Y	N	N	N	N	N	N	N	N	N	N	N	N	Y
	Bacon Bagel	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
	Sausage & Egg Bagel	Y	N	N	N	N	N	N	N	Y	Y	N	N	N	Y
	Bacon & Egg Bagel	Y	N	N	N	N	N	N	N	Y	Y	N	N	N	N
	Egg & Cheese Bagel	Y	N	N	N	N	N	N	N	Y	Y	N	N	N	N
	Egg, Cheese, Tomatoes and Avocado	Y	N	N	N	N	N	N	N	Y	Y	N	N	N	N
Salmon & Egg	Y	N	N	Y	N	N	N	N	Y	Y	N	N	N	Y	

Bacon, Cream Cheese, Tomato	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N
Bacon, Avocado and Cheese	Y	N	N	N	N	N	N	N	N	Y	Y	N	N	N	N
Big Breakfast (Tomato, Sausage, Bacon, Egg)	Y	N	N	N	N	N	N	N	N	Y	Y	N	N	N	Y

LUNCH		Gluten - containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts (walnut, hazelnut, almond, etc.)	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	
	Classic (Salmon, Cream cheese, Lemon juice, Pepper)	Y	N	N	Y	N	N	N	N	Y	Y	N	N	N	N	Y
	Salt Beef Melt (Salt beef, Mustard, Emmental and Gherkins)	Y	N	N	N	N	N	N	N	N	Y	N	Y	N	N	
	Vegan Bagel (Vegan Cream Cheese, Avocado, Tomatoes, Black Olives)	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	
	CheeseBurger Bagel (Burger, Cheese, Lettuce, Tomatoes and Gherkins)	Y	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	
	Turkey & Bacon Club (Turkey, Bacon, Cheddar cheese, Spinach, Tomato, Mayo)	Y	N	N	N	N	N	N	N	Y	Y	N	N	N	N	
	Chicken Caesar (Chicken, Parmesan, Caesar sauce, Cos)	Y	N	N	Y	N	N	N	N	Y	Y	N	Y	N	N	
	Ham & Mozzarella (Ham, Mozzarella cheese)	Y	N	N	N	N	N	N	N	N	Y	N	N	N	N	
	BBQ Chicken (Chicken, BBQ sauce, Cheddar Cheese, Red onions)	Y	N	N	N	N	N	N	Y	N	Y	Y	N	N	N	
	Halloumi Melt (Halloumi, Yoghurt & Mint sauce, Rocket and Sundried tomatoes)	Y	N	N	N	N	N	N	Y	Y	Y	N	Y	N	N	
	Salmon and Avocado	Y	N	N	Y	N	N	N	N	N	N	N	N	N	N	Y
	Chicken & Avocado (Chicken, Avocado, Mayo, Cos)	Y	N	N	N	N	N	N	N	Y	Y	N	Y	N	N	
	Veggie Burger (Bean Burger, Red Peppers, Spinach, Tomato and Red onions)	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	
	Feta Cheese Bagel (Feta, Tomato, Black Olives, Rocket and Red Onion)	Y	N	N	N	N	N	N	N	N	Y	N	N	N	N	
Mediterranean Chicken (Chicken, Red Pesto, Spinach and Sundried Tomato)	Y	N	N	N	N	N	N	N	N	Y	N	N	N	N		

Strawberry	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Guacamole	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N

SAUCES		Gluten - containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts (walnut, hazelnut, almond, etc.)	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
	Tomato Ketchup	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N
	Brown Sauce	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
	Mustard	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N
	Caesar Sauce	Y	N	N	Y	N	N	N	N	Y	Y	N	Y	N	N
	BBQ Sauce	Y	N	N	N	N	N	N	Y	N	N	Y	N	N	N
	Mayonnaise	Y	N	N	N	N	N	N	N	Y	Y	N	Y	N	N
	Yoghurt & Mint Sauce	Y	N	N	N	N	N	N	N	Y	Y	N	Y	N	N

SNACKS		Gluten - containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts (walnut, hazelnut, almond, etc.)	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
	Apple	N	N	N	N	N	N	N	N	N	N	N	N	N	N
	Banana	N	N	N	N	N	N	N	N	N	N	N	N	N	N
	Milk Chocolate Cookie	Y	N	N	N	N	N	N	Y	N	Y	N	N	N	N
	Muffins (all flavours)	Y	N	N	N	Y	N	Y	Y	Y	Y	N	N	N	Y
	Brownie (Gluten free)	N	N	N	N	N	N	N	Y	Y	Y	N	N	N	N
	Caramel Shortcake (Gluten free)	N	N	N	N	N	N	N	Y	N	Y	N	N	N	N
	Chocolate Cake	Y	N	N	N	N	N	N	Y	Y	Y	N	N	N	N
	Carrot Cake	Y	N	N	N	N	N	N	N	Y	Y	N	N	N	N
	Raspberry & Coconut Slice	Y	N	N	N	N	N	N	N	Y	Y	N	N	N	Y
	Apple Shortcake	Y	N	N	N	N	N	N	N	Y	Y	N	N	N	Y
	Eat Natural Bar	N	N	N	N	Y	N	Y	N	N	Y	N	N	N	N
	Granola	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
	Low Fat Greek Yoghurt	N	N	N	N	N	N	N	N	N	Y	N	N	N	N

HOT DRINKS		Gluten - containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts (walnut, hazelnut, almond, etc.)	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide
	Americano (Black)	N	N	N	N	N	N	N	N	N	N	N	N	N	N
	Americano (with Milk)	N	N	N	N	N	N	N	N	N	Y	N	N	N	N
	Filter Coffee (Black)	N	N	N	N	N	N	N	N	N	N	N	N	N	N
	Filter coffee (with Milk)	N	N	N	N	N	N	N	N	N	Y	N	N	N	N
	Flat White	N	N	N	N	N	N	N	N	N	Y	N	N	N	N
	Latte	N	N	N	N	N	N	N	N	N	Y	N	N	N	N
	Cappuccino	N	N	N	N	N	N	N	N	N	Y	N	N	N	N
	Mocha	N	N	N	N	N	N	N	N	N	Y	N	N	N	N
	Espresso	N	N	N	N	N	N	N	N	N	N	N	N	N	N
	Tea (Black)	N	N	N	N	N	N	N	N	N	N	N	N	N	N
	Tea (White)	N	N	N	N	N	N	N	N	N	Y	N	N	N	N